

## SHUTTLE MENU STS-114

STEVE ROBINSON, MS-2 (GREEN)

2/20/05 Rev D

Meal	Days 1* & 10	Days 2 & 11	Days 3 & 12	Days 4 & 13**
<b>A</b>	Dried Apricots (IM) Oatmeal w/Raisins (R) Breakfast Roll (FF) Orange-Mango Drink (B)	Dried Pears (IM) Oatmeal w/Brown Sugar (R) Breakfast Roll (FF) Orange Drink (B)	Dried Peaches (IM) Granola w/Blueberries (R) Breakfast Roll (FF) Peach-Apricot Drink (B)	Dried Apricots (IM) Oatmeal w/Raisins (R) Breakfast Roll (FF) Orange-Mango Drink (B)
<b>B</b>	Shrimp Cocktail (R) Chicken Noodle Soup (T) Spaghetti w/Meat Sauce (R) Noodles w/Soup (FF) Tapioca Pudding (T) Granola Bar (NF) Lemonade (B)	Shrimp Cocktail (R) Dried Beef (IM) Minestrone Soup (T) <b>Chicken Salad (R) (Day 11 only)</b> <b>Beef Stew (T) (Day 2 only)</b> <b>Tortillas (FF) (Day 11 only)</b> Trail Mix (IM) Granola Bar (NF) Peach-Apricot Drink (B)	Shrimp Cocktail (R) Vegetarian Vegetable Soup (T) Beef Stroganoff w/Noodles (R) Tortilla (FF) X2 Applesauce (T) Vanilla Pudding (T) Granola Bar (NF) Orange Drink (B)	Shrimp Cocktail (R) Chicken Noodle Soup (T) Teriyaki Beef Steak (I) Cashews (NF) Strawberries (R) Trail Mix (IM) Orange-Mango Drink (B)
<b>C</b>	Shrimp Cocktail (R) BBQ Beef Brisket (I) Noodles & Chicken (R) Italian Vegetables (R) Asparagus (R) Peach Ambrosia (R) White Chocolate Strawberries (FF) Orange Drink (B)	Beef Tips w/Mushrooms (I) Spaghetti w/Meat Sauce (R) Japanese Curry (FF) Japanese White Rice (FF) <b>Red Beans &amp; Rice (T) (Day 11 only)</b> <b>Curry Sauce w/ Vegetables (T) (Day 11 only)</b> Carrot Coins (T) Strawberries (R) Candy Coated Peanuts (NF) Orange-Mango Drink (B)	Shrimp Cocktail (R) BBQ Beef Brisket (I) Teriyaki Chicken (R) Broccoli au Gratin (R) Green Beans w/Mushrooms (R) Peach Ambrosia (R) Tapioca Pudding (T) Lemonade (B)	Lasagna w/Meat (T) Teriyaki Chicken (R) Candied Yams (T) Italian Vegetables (R) Asparagus (R) Strawberries (R) Candy Coated Peanuts (NF) Peach-Apricot Drink (B)
	* Day 1 consists of Meal C only			

B- Beverage

FF- Fresh Food

IM- Intermediate Moisture

NF- Natural Form

R- Rehydratable

T- Thermostabilized

# SHUTTLE MENU STS-114

STEVE ROBINSON, MS-2 (GREEN)

2/20/05 Rev D

Meal	Day 6	Day 8	Days 5, 7 & 9
<b>A</b>	Dried Pears (IM) Oatmeal w/Brown Sugar (R) Breakfast Roll (FF) Orange Drink (B)	Dried Peaches (IM) Granola w/Blueberries (R) Breakfast Roll (FF) Peach-Apricot Drink (B)	Energy Bar (FF) X3 Lemon-Lime Ade (B) Peach-Apricot Drink (B)
<b>B</b>	Shrimp Cocktail (R) Minestrone Soup (T) Fiesta Chicken (T) Beef Pattie (R) Granola Bar (NF) Shortbread Cookies (NF) Lemonade (B)	Shrimp Cocktail (R) Dried Beef (IM) Vegetarian Vegetable Soup (T) Teriyaki Chicken (R) Trail Mix (IM) Candy Coated Peanuts (NF) Peach-Apricot Drink (B)	(No Meal Requested)
<b>C</b>	Teriyaki Beef Steak (I) Spaghetti w/Meat Sauce (R) <b>Mashed Potatoes (R)</b> Noodles w/Soup (FF) Carrot Coins (T) Peach Ambrosia (R) Brownie (NF) Orange-Mango Drink (B)	BBQ Beef Brisket (I) Japanese Curry (FF) Indian Curry w/Rice (FF) Spinach Rolled Rice (FF) Japanese White Rice (FF) White Chocolate Strawberries (FF) Rice Pudding (FF) Japanese Sugar Candy (FF) Japanese Tea (Regular) (FF) Japanese Tea w/Sugar (Bitter) (FF)	Shrimp Cocktail (R) Beef Tips w/Mushrooms (I) <b>Cashew Chicken Curry (R) (Days 5 &amp; 9)</b> <b>Chicken Teriyaki (I) (Day 7 only)</b> Japanese Curry (FF) Japanese White Rice (FF) Candied Yams (T) Italian Vegetables (R) Asparagus (R) Peach Ambrosia (R) Candy Coated Peanuts (NF) Peach-Apricot Drink (B)

\*\* Day 13 consists of Meal A only

B- Beverage

FF- Fresh Food

IM- Intermediate Moisture

NF- Natural Form

R- Rehydratable

T- Thermostabilized